The Power Building 101

Gain Muscle

OVERVIEW COMMENTS

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Powerlifter & bodybuilder

The Power Building 101

LENGTH
4 weeks

Timer

1 **Barbell Squat 85% of 1rm**

1 rep

2 **Barbell Squat 70% of 1rm** 2

8-8 reps

3 **Barbell Bench 87.5% of 1rm**

1 rep

4 **Barbell Bench 70% of 1rm** 2

9-9 reps

5 **Leg Press** 4

8-8-8-8 reps

6 **Calf Raises** 3

20-20-20 reps

Swipe to complete

Timer

1 **Conventional Deadlift 87% of 1rm**

1 rep

2 **Conventional Deadlift 75% of 1 rm** 3

6-6-6 reps

3 **Barbell Bench 70 % of 1rm** 3

6-6-6 reps

4 **Incline Barbell Bench 55% of 1rm** 3

8-8-8 reps

5 CIRCUIT 3

Superset

10 Incline DB Press

8 DB Rows

6 **Machine Chest Press (go up in weight)** 3

12-10-8 reps

7 **Cable Row Wide Grip** 3

10-10-10 reps

8 **BW Dips** 2

F-F reps

Swipe to complete

Timer

1 **Barbell Squat 55% of 1rm** 3

5-5-5 reps

2 **Barbell Bench 75% of 1rm** 3

4-4-4 reps

3 CIRCUIT 4

Superset

10 Flat DB Press

8 DB Side Laterals

4 CIRCUIT 3

Superset

8 Seated DB Shoulder Press

12 Diamond Push-Up

5 **Machine Chest Press** 4

15-12-10-8 reps

6 **Rear Delt Flies** 3

12-12-12 reps

Swipe to complete

Timer

1. **Rope Extension** — 2
   20-20 reps
2. **Cable Curls** — 2
   20-20 reps
3. **Spider Curls** — 4
   10-10-10-10 reps
4. **DB Skullcrushers** — 4
   12-12-12-12 reps
5. **Bicep EZ Bar Curls** — 4
   12-12-12-12 reps
6. **Straight Bar Extension** — 3
   15-15-15 reps
7. **DB Curls** — 3
   8-8-8 reps

Swipe to complete

Timer

1. **Barbell Squat 85 % of 1rm** — 2
   1-1 rep
2. **Barbell Squat 70% of 1rm** — 3
   8-8-8 reps
3. **Barbell Bench 87.5% of 1rm**
   1 rep
4. **Barbell Bench 70 % of 1rm** — 3
   8-8-8 reps
5. **Goblet Squats** — 4
   8-8-8-8 reps
6. **DB RDL's** — 3
   12-12-12 reps
7. **Calf Raises** — 3
   20-20-20 reps

Swipe to complete

Timer

1 **Conventional Deadlift 87.5% of 1rm** 2

1-1 rep

2 **Conventional Deadlift 75% of 1rm** 4

6-6-6-6 reps

3 **Barbell Bench 70% or 1rm** 3

6-6-6 reps

4 **Incline Barbell Bench 55% of 1rm** 3

8-8-8 reps

5 CIRCUIT 4

Superset

10 Flat DB Press

57 Wide Grip Lat Pulldown

6 **Peck Deck** 3

12-12-12 reps

7 **Cable Pullover** 4

10-10-10-10 reps

8 **Weighted Push-Up** 2

F-F reps

Swipe to complete

Timer

1 **Barbell Squat 60% of 1rm** 3
6-6-6 reps

2 **Barbell Bench 75% of 1rm** 3
5-5-5 reps

3 **Cable Flies** 2
20-20 reps

4 **DB Side Laterals** 4
10-10-10-10 reps

5 CIRCUIT 4
Superset
8 Arnold Press
10 DB Frontal Raises

6 **Incline DB Press** 3
12-12-12 reps

7 **Face Pulls** 3
12-12-12 reps

Swipe to complete

Timer

1 **DB Skullcrushers** 4
8-8-8-8 reps

2 **DB Curls** 4
12-12-10-8 reps

3 **Rope Extension** 3
10-10-10 reps

4 **DB Preacher Curl** 4
8-8-8-8 reps

5 **Weighted Dips** 3
10-10-10 reps

6 **Rope Hammer Curl** 3
F-F-F reps

7 **Straight Bar Extension** 3
12-12-12 reps

8 **Hammer Curls** 3
10-8-6 reps

Swipe to complete

Timer

1. **Barbell Squat 90% of 1rm**
   1 rep

2. **Barbell Squat 75% of 1rm** 4
   6-6-6-6 reps

3. **Barbell Bench 90% of 1rm** 2
   1-1 rep

4. **Barbell Bench 75% of 1rm** 4
   6-6-6-6 reps

5. **Leg Press** 4
   8-8-8-8 reps

6. **Hamstring Curl** 3
   10-10-10 reps

7. **Calf Raises** 3
   20-20-20 reps

Swipe to complete

Timer

1 **Conventional Deadlift 90% of 1rm**

1 rep

2 **Conventional Deadlift 80% of 1rm** 3

5-5-5 reps

3 **Barbell Bench 72.5% of 1rm** 3

5-5-5 reps

4 **Incline Barbell Bench** 3

8-8-8 reps

5 CIRCUIT 3

Superset

10 Incline DB Press

8 DB Rows

6 **Cable Row Wide Grip** 3

10-10-10 reps

7 **BW Dips** 2

F-F reps

Swipe to complete

Timer

1 **Barbell Squat High bar 65% of 1rm** 3

6-6-6 reps

2 **Barbell Bench 75% of 1rm** 3

6-6-6 reps

3 CIRCUIT 4

Superset

10 Flat DB Press

8 DB Side Laterals

4 CIRCUIT 3

Superset

8 Seated DB Shoulder Press

12 Diamond Push-Up

5 **Machine Chest Press** 4

15-12-10-8 reps

6 **Rear Delt Flies** 3

12-12-12 reps

Swipe to complete

Timer

1. **Rope Extension** — 2
   20-20 reps
2. **Cable Curls** — 2
   20-20 reps
3. **Spider Curls** — 4
   10-10-10-10 reps
4. **DB Skullcrushers** — 4
   12-12-12-12 reps
5. **Bicep EZ Bar Curls** — 4
   12-12-12-12 reps
6. **Straight Bar Extension** — 3
   15-15-15 reps
7. **DB Curls** — 3
   8-8-8 reps

Swipe to complete

Timer

1. **Barbell Squat 95% of 1rm**
   1 rep

2. **Barbell Squat 80% of 1rm** 5
   5-5-5-5-5 reps

3. **Barbell Bench 90-95% or 1rm**
   1 rep

4. **Barbell Bench 80% of 1 rm** 4
   5-5-5-5 reps

5. **Goblet Squats** 4
   8-8-8-8 reps

6. **DB RDL's** 3
   12-12-12 reps

7. **Calf Raises** 3
   20-20-20 reps

Swipe to complete

Timer

1 **Conventional Deadlift 95% of 1rm**

1 rep

2 **Conventional Deadlift 80% of 1rm** 4

5-5-5-5 reps

3 **Barbell Bench 72.5% of 1rm** 4

5-5-5-5 reps

4 **Incline Barbell Bench 55% of 1rm** 3

8-8-8 reps

5 CIRCUIT 4

Superset

0 Flat DB Press

55 Wide Grip Lat Pulldown

6 **Peck Deck** 3

12-12-12 reps

7 **Rope Pullover** 4

10-10-10-10 reps

8 **Weighted Push-Up** 2

F-F reps

Swipe to complete

Timer

1 **Barbell Squat 60% of 1rm** 3
6-6-6 reps

2 **Barbell Bench 75% of 1 rm** 3
5-5-5 reps

3 **Cable Flies** 2
20-20 reps

4 **DB Side Laterals** 4
10-10-10-10 reps

5 CIRCUIT 4
Superset
8 Arnold Press
10 DB Frontal Raises

6 **Incline DB Press** 3
12-12-12 reps

7 **Face Pulls** 3
12-12-0 reps

Swipe to complete

Timer

1 **DB Skullcrushers** 4
8-8-8-8 reps

2 **DB Curls** 4
12-12-10-8 reps

3 **Rope Extension** 3
10-10-10 reps

4 **DB Preacher Curl** 4
8-8-8-8 reps

5 **Weighted Dips** 3
10-10-10 reps

6 **Rope Hammer Curl** 3
F-F-F reps

7 **Straight Bar Extension** 3
12-12-12 reps

8 **Hammer Curls** 3
10-8-6 reps

Swipe to complete

Timer

1. **Barbell Squat 90% of 1rm** — 2
   1-2 rep
2. **Barbell Squat 80% of 1rm** — 4
   4-4-4-4 reps
3. **Barbell Bench 92% of 1rm**
   1 rep
4. **Barbell Bench 77.5%-80% of 1rm** — 4
   4-4-4-4 reps
5. **Leg Extension** — 4
   8-8-8-8 reps
6. **GHD** — 3
   12-12-12 reps
7. **Calf Raises** — 3
   20-20-20 reps

Swipe to complete

Timer

1. **Conventional Deadlift 90% of 1rm** — 2
   1-1 rep

2. **Conventional Deadlift 80% of 1rm** — 3
   5-5-5 reps

3. **Barbell Bench 75% of 1rm** — 4
   5-5-5-5 reps

4. **Close grip bench press 55% of 1rm** — 3
   8-8-8 reps

5. **Pendlay Row** — 4
   8-8-8-8 reps

6. **Flat DB Press** — 3
   10-10-10 reps

7. **Row Machine** — 3
   12-12-12 reps

8. **Incline DB Chest Flies** — 4
   8-8-8-8 reps

9. **DB Rows** — 4
   8-8-8-0 reps

Swipe to complete

Timer

1. **Barbell Squat 65% of 1rm** — 3
   5-5-5 reps
2. **Barbell Bench 75% of 1rm** — 3
   5-5-5 reps
3. **Machine Chest Press** — 2
   20-20 reps
4. **Incline DB Press** — 4
   12-10-8-8 reps
5. **DB Side Laterals** — 2
   20-20 reps
6. **Seated DB Shoulder Press** — 4
   12-10-8-8 reps
7. **Rear Delt Flies** — 3
   10-10-10 reps
8. **Plate Raises (8-12 reps)** — 3
   12-12-12 reps

Swipe to complete

Timer

1 **French Curl** 4
10-8-8-6 reps

2 **Straight Bar Extension** 4
8-8-8-8 reps

3 **Hammer Curls** 4
8-8-8-8 reps

4 **DB Skullcrushers** 3
10-15-10 reps

5 **Cable Curls** 3
10-10-10 reps

Swipe to complete

Timer

1. **Barbell Squat 90% of 1rm** — 3
   1-1-1 rep
2. **Barbell Squat 80% of 1rm** — 3
   3-3-3 reps
3. **Barbell Bench 90% of 1rm**
   1 rep
4. **Barbell Bench 85% of 1rm** — 3
   3-3-3 reps
5. **Barbell Hip Thrust** — 4
   8-8-8-8 reps
6. **DB RDL's** — 3
   10-10-10 reps
7. **Leg Press** — 3
   15-12-9 reps
8. **Calf Raises** — 2
   15-0 reps

Swipe to complete

Timer

1. **Conventional Deadlift 90% of 1rm**
   1 rep

2. **Conventional Deadlift 85% of 1rm** 4
   2-2-2-2 reps

3. **Barbell Bench 70% or 1rm** 3
   5-5-5 reps

4. **Close grip bench 55% or 1rm** 3
   6-6-6 reps

5. **Single Arm Barbell Row** 4
   8-8-8-8 reps

6. **Close Grip Lat Pulldown** 3
   10-10-10 reps

7. **Machine Chest Press** 4
   8-8-8-0 reps

Swipe to complete

Timer

1 **Barbell Squat 65% of 1rm** 4

4-4-4-4 reps

2 **Barbell Bench 70% or 1rm** 3

4-4-4 reps

3 **Incline DB Press** 3

10-10-10 reps

4 **Cable Lateral Raises** 4

10-10-10-10 reps

5 **Arnold Press** 4

8-8-8-8 reps

6 **Face Pulls** 3

10-10-10 reps

Swipe to complete

Timer

1. **Bicep EZ Bar Curls** — 4
   8-8-8-8 reps
2. **Flat Skullcrusher** — 4
   8-8-8-8 reps
3. **Rope Hammer Curl** — 3
   10-10-10 reps
4. **French Curl** — 4
   8-8-8-8 reps
5. **Cable Curls** — 3
   12-12-12 reps
6. **Spider Curls** — 3
   10-10-10 reps
7. **Straight Bar Extension** — 4
   10-10-10-10 reps
8. **Diamond Push-Up** — 2
   F-F reps

Swipe to complete

Timer

1 **Barbell Squat 95% of 1rm**

1 rep

2 **Barbell Squat 85% of 1rm** 3

2-2-2 reps

3 **Barbell Bench 95% of 1rm**

1 rep

4 **Barbell Bench 85% of 1rm** 3

2-2-2 reps

5 **Leg Extension** 4

8-8-8-8 reps

6 **GHD** 3

12-12-12 reps

7 **Calf Raises** 3

20-20-20 reps

Swipe to complete

Timer

1. **Conventional Deadlift 95% of 1rm**
   1 rep

2. **Conventional Deadlift 85% of 1rm** 3
   2-2-2 reps

3. **Barbell Bench 75% of 1rm** 3
   5-5-5 reps

4. **Pendlay Row** 4
   8-8-8-8 reps

5. **DB Rows** 3
   10-10-10 reps

6. **Row Machine** 3
   12-12-10 reps

7. **Incline DB Chest Flies** 4
   8-8-8-8 reps

8. **DB Rows** 4
   8-8-8-8 reps

Swipe to complete

Timer

1. **Barbell Squat 65% of 1rm** — 3
   5-5-5 reps
2. **Barbell Bench 75% of 1rm** — 3
   5-5-5 reps
3. **Machine Chest Press** — 2
   20-20 reps
4. **Incline DB Press** — 4
   12-10-8-8 reps
5. **DB Side Laterals** — 2
   20-20 reps
6. **Seated DB Shoulder Press** — 4
   12-10-8-8 reps
7. **Rear Delt Flies** — 3
   10-10-10 reps
8. **Plate Raises (8-12)** — 3
   12-12-12 reps

Swipe to complete

Timer

1 **French Curl** 4
10-8-8-6 reps

2 **Straight Bar Extension** 4
8-8-8-8 reps

3 **Hammer Curls** 4
8-8-8-8 reps

4 **DB Skullcrushers** 3
10-10-10 reps

5 **Cable Curls** 3
10-10-10 reps

Swipe to complete

Timer

1 **Barbell Squat (Max out)**
1 rep

2 **Barbell Bench (Max out)**
1 rep

3 **Barbell Hip Thrust** 4
8-8-8-8 reps

4 **DB RDL's** 4
10-10-10-10 reps

5 **Leg Press** 3
15-12-10 reps

6 **Calf Raises** 2
15-15 reps

Swipe to complete

Timer

1. **Conventional Deadlift (max out)**
   1 rep

2. **Barbell Bench** 3
   8-8-8 reps

3. **Close grip bench** 3
   8-8-8 reps

4. **Single Arm Barbell Row** 4
   8-8-8-8 reps

5. **Mid Grip Lat Pulldown** 3
   10-10-10 reps

6. **Machine Chest Press** 4
   8-8-8-8 reps

Swipe to complete

Timer

1. **Barbell Squat 65% of 1rm** — 4
   4-4-4-4 reps
2. **Barbell Bench 70% of 1rm** — 4
   4-4-4-4 reps
3. **Incline DB Press** — 3
   10-10-10 reps
4. **T Bar Press** — 3
   12-12-12 reps
5. **Cable Lateral Raises** — 4
   10-10-10-10 reps
6. **Arnold Press** — 4
   8-8-8-8 reps
7. **Face Pulls** — 3
   10-10-0 reps

Swipe to complete

Timer

1 CIRCUIT

Superset 6

8 EZ Bar Preacher Curls

8 Flat Skullcrusher

2 **Rope Hammer Curl** 3

10-10-10 reps

3 **French Curl** 4

8-8-8-8 reps

4 **Cable Curls** 3

12-12-12 reps

5 **Spider Curls** 3

10-10-10 reps

6 **Straight Bar Extension** 4

10-11-10-10 reps

7 **Diamond Push-Up** 2

5-5 reps

Swipe to complete